

# BECAUSE YOU ARE A WOMAN

(YOU COULD BECOME PREGNANT)

Sometimes you plan a pregnancy, sometimes you don't. Whether planned or not, your first thought is – "I want to have a healthy baby."

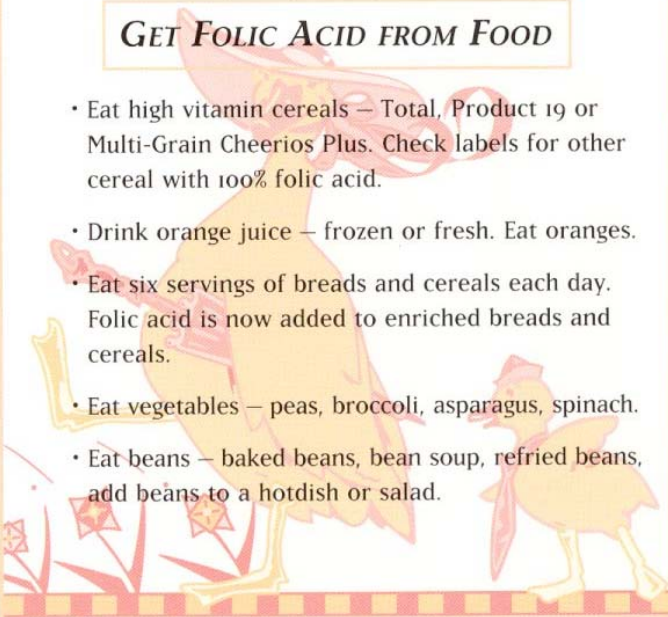
You are more likely to have a healthy baby if you get folic acid in your diet **BEFORE** you become pregnant.

## GET FOLIC ACID FROM A MULTI-VITAMIN

- Take a regular multi-vitamin every day. Save money and buy the generic or store brand.

## GET FOLIC ACID FROM FOOD

- Eat high vitamin cereals – Total, Product 19 or Multi-Grain Cheerios Plus. Check labels for other cereal with 100% folic acid.
- Drink orange juice – frozen or fresh. Eat oranges.
- Eat six servings of breads and cereals each day. Folic acid is now added to enriched breads and cereals.
- Eat vegetables – peas, broccoli, asparagus, spinach.
- Eat beans – baked beans, bean soup, refried beans, add beans to a hotdish or salad.



## IS THERE A BABY IN YOUR FUTURE?

- Are you healthy? Visit your doctor and dentist.
- Take special care of yourself if you have health problems like diabetes or high blood pressure.
- Eat healthy foods. Take a multi-vitamin.
- Be smart – don't smoke and don't use drugs. Avoid alcohol. Use prescription medication and over-the-counter medications with care.
- Don't eat under-cooked meat.
- Avoid toxic substances and chemicals like paint fumes and solvents. Have someone else change the cat litter.

## Try To Plan Your Pregnancy!



WIC Because  
You Care

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